

MONOCACY INDOOR SOCCER LEAGUE RULES

League Objective: To provide children with an opportunity to participate in a non-competitive indoor soccer league which focuses on development of soccer fundamentals, fun, exercise, and being a team player.

1. Field of play/Rules

1. Basketball court boundary lines will be used for all games. Please inform players to stop play when they hear the whistle to ensure safety at all times.
2. Goals: Pugg goals for all age groups to focus on controlled shooting and passing.
3. Goalkeepers- No goalies in any age group.
4. Corner/Goal Kicks: any ball traveling behind the goal will result in either a goal kick (if last played by an offensive player) or a corner kick (if last played by a defensive player). Goal kicks will be placed on the end lines. Corner kicks will be placed on the corner of the court.
5. Goals Scored: To start each half, and after goals, the ball will be brought back to mid court for a kickoff by the appropriate team. Defensive team must be outside the mid court circle.
6. Throw-Ins: any ball traveling out of bounds on either sideline will result in a throw-in.
7. Teams will play 5 vs 5, unless one team is short players than 4 vs. 4.
8. Lopsided rule: Winning team needs to remove 1 player if winning team gets ahead by 4 goals. If the lead increases to 6 goals then the coaches will need to communicate on the best action to take (6 passes before shooting etc.)
9. Unlimited substitutions and all players must play an equal amount of time.

2. Equipment and uniform

1. Each player will be issued a team jersey which must be worn during games.
2. Indoor soccer or sneakers must be worn, **No Cleats.**
3. Each player **must** wear shin guards to play.
4. This league will use a size 3 indoor soccer ball for (5-7) and a size 4 indoor soccer ball for (7-9, 9-11).

3. Duration of games

1. There will be two 20-minute halves. Junior's league will have 12 minute halves.
2. The half-time break shall be approximately 5 minutes.
3. Teams will have 5 minutes of warm-up time before game start.

4. Referees

1. One coach from each team must be on the court to assist with refereeing and in-game management. Coaches will continue to coach and encourage all the players to participate. FCPR staff will be refereeing as well to keep the flow of the game going and will have final decision on any calls.
2. FCPR staff have the authority to have players and spectators removed from the playing area for persistent unsportsmanlike behavior.

5. Penalties

The following are considered penalties for which an indirect kick will be awarded from the spot of the foul. Will be very lenient with the sprouts age group.

1. Slide tackling or standing in "goal area". Remind players there are no goalies/cherry picking.
2. Deliberate/Intentional hand balls (coaches judgment)
3. Pushing/Tripping - if the coaches determine it to be excessive in force, or deliberately committed (be lenient in calling this, as these young players will likely inadvertently commit these fouls).
4. There will be no offside calls.

6. Players/Parents/Coaches Conduct

1. Head Coaches are responsible for the conduct of his/her team's players & parents. (Signing of the Code of Conduct)
2. Rules are subject to change/modified by FCPR League Director.

Inclement Weather Cancellation Line: 301-600-6291 (Option 2). Please call an hour before games and practices to see if they are still on as scheduled.

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